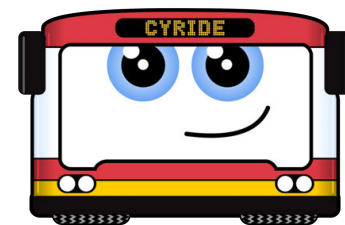


UPPER BODY MOBILITY EXERCISES FOR **CyRide** DRIVERS



These exercises can be done on the bus in a few minutes. They can help stretch muscles, prevent injury, and improve joint health.

Please note: only do these exercises if there are no passengers on the bus, and don't do any exercises you don't feel comfortable with.

Recommendations: Aim for 10 reps of each exercise or 30-60 seconds.

1

= great for beginners!

2

= a bit more of a challenge!

SINGLE

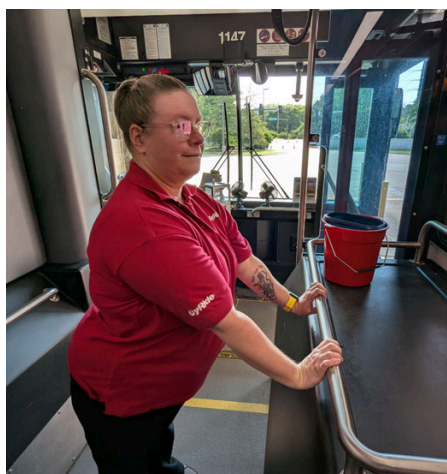
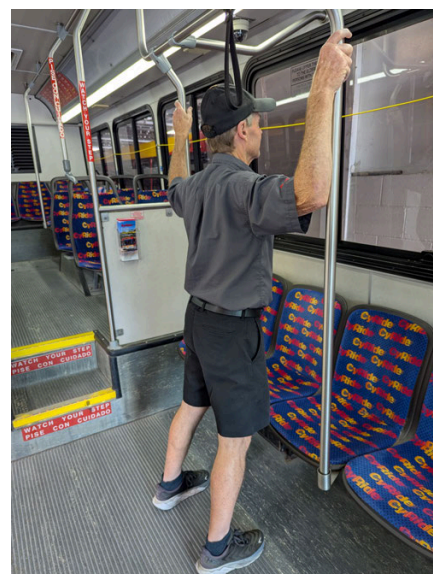
DOUBLE

1. PECTORAL STRETCH

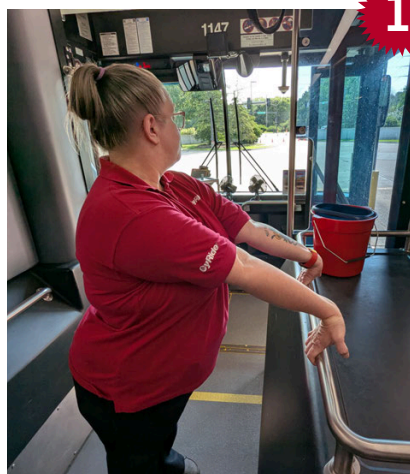
Stand next to a pole and place one arm (or both arms) at a 90 degree angle out to the side at shoulder height. Gently turn your body away from your arm until you feel a stretch in your chest. Hold the stretch while breathing deeply.



OR



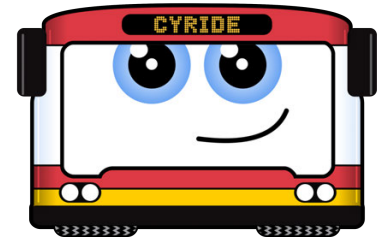
&



2. WRIST & FOREARM STRETCH

Use the horizontal bar if possible. Place your hands on top of the bar with fingers pointing forward and palms down. Gently lean your body forward while keeping your arms straight to feel a stretch in the wrist and forearms. Then turn your hands so your fingers point down. Slowly shift your weight into your wrists until you feel a stretch. Hold each position.

UPPER BODY MOBILITY EXERCISES FOR **CyRide** DRIVERS



These exercises can be done on the bus in a few minutes. They can help stretch muscles, prevent injury, and improve joint health.

Please note: only do these exercises if there are no passengers on the bus, and don't do any exercises you don't feel comfortable with.

Recommendations: Aim for 10 reps of each exercise or 30-60 seconds.

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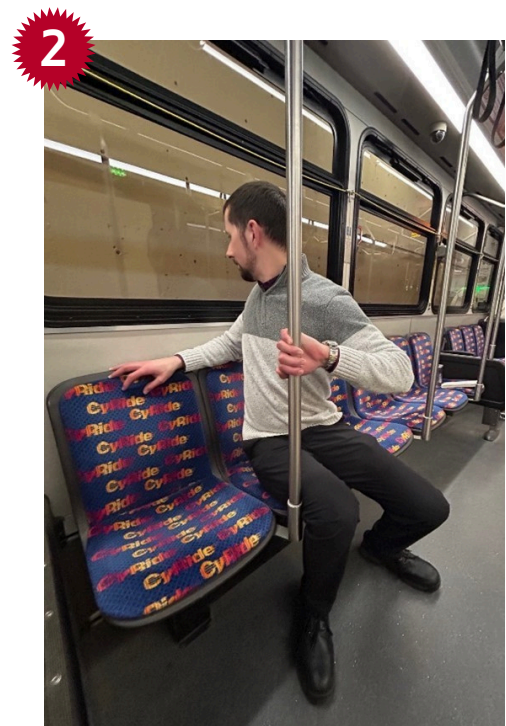


3. SHOULDER STRETCH

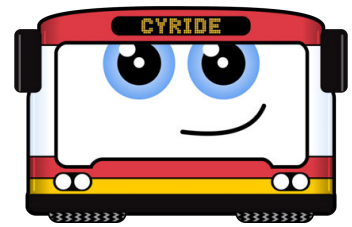
Stand next to a pole and reach across your body and grab the pole with one hand. Keep your arm straight and at about shoulder height. Gently turn your body toward the shoulder you're stretching until you feel a stretch. Keep your shoulder down and relaxed. Then switch sides.

4. SEATED TORSO TWIST HOLD

Sit upright in a seat near a stanchion with your feet flat on the floor and your back straight. Place one hand on the outside of the opposite knee **OR** a pole next to the opposite knee, and other hand on the back of the chair. Gently twist your upper body to the side with the arm on the back of the seat, while keeping your hips and legs facing forward. Hold the stretch while breathing deeply, then switch sides.



UPPER BODY EXERCISES FOR **CyRide** DRIVERS



These exercises can all be done on the bus in a few minutes.

They can help strengthen muscles, improve posture, and prevent injury in the shoulders, arms, and upper back areas.

Please note: only do these exercises if there are no passengers on the bus, and don't do any exercises you don't feel comfortable with.

Recommendations: Aim for at least 10 reps of each exercise.

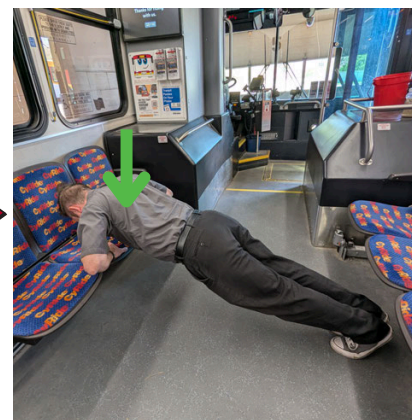
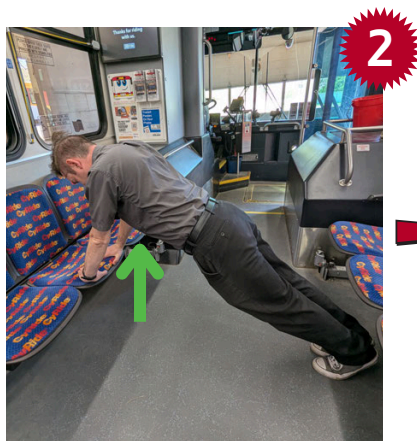
1 = great for beginners!

2 = a bit more of a challenge!

1. PUSH UPS

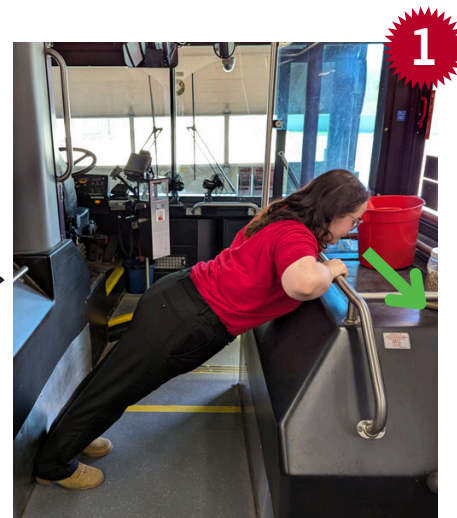
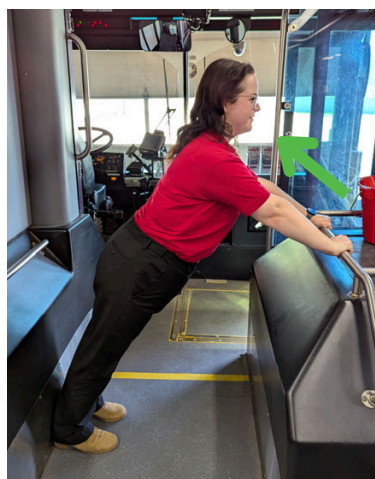
Place your hands about shoulder width apart on the seats. Extend your legs out straight behind you, in a high plank position. Bending your elbows, lower your upper body down toward the seat. Push back up into the starting position.

Do not perform if shoes or floor is wet.

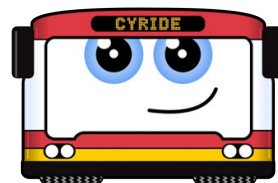


If you want some variation, you can also do push ups with your hands in a wider stance (photo 1), or a narrow stance (photo 2).

If you are a beginner to push ups, or you'd prefer a different grip, you can use the bar to complete your push ups.

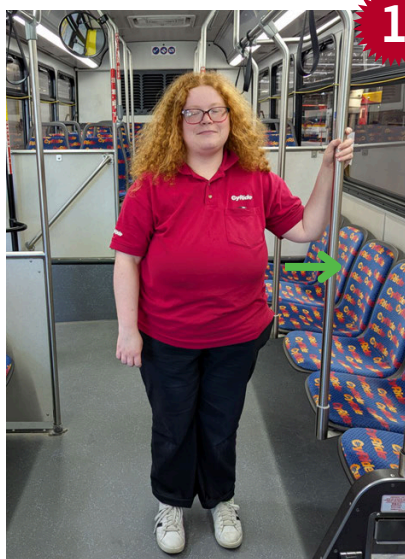
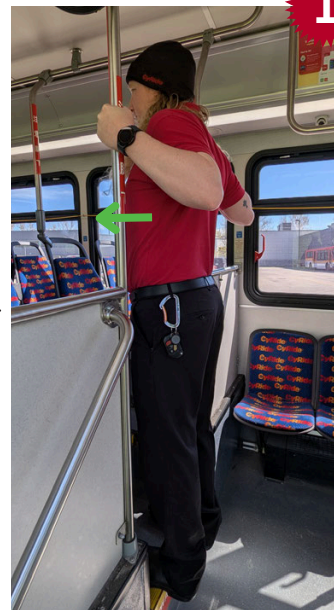


UPPER BODY EXERCISES FOR *CyRide* DRIVERS



2. ROWS

Holding a stanchion in each hand, extend your arms and lean back. Your feet should be angled out in front of you, firmly planted on the ground. Using your upper body, pull yourself toward the stanchions. Release back to the start position.

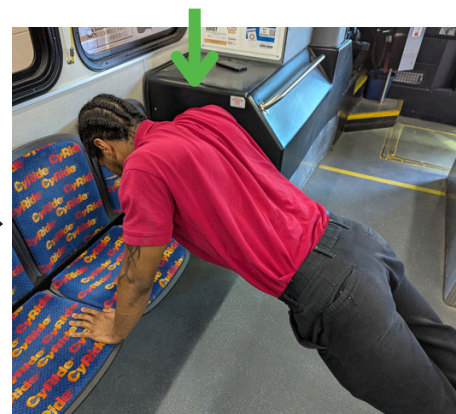


3. PULL INS

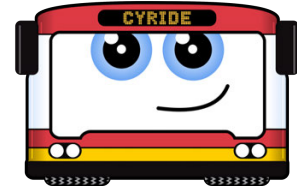
Stand next to a stanchion and hold it in one hand. Extend your arm out and lean away from it, while keeping your feet in the same spot. Pull yourself back toward the stanchion using your arm muscles. Return to the start position. **Do not perform if shoes or floor is wet.**

4. SCAPULAR PROTRACTION/RETRACTION

Begin in a high plank position with your hands on a seat and your legs extended out behind you. Keeping your elbows straight, push the upper part of your back ONLY up to the ceiling. Then, let that that upper part of your back sink down, while still keeping your arms straight. Return to the start position. **Do not perform if shoes or floor is wet.**



LOWER BODY MOBILITY EXERCISES FOR *CyRide* DRIVERS



These exercises can be done on the bus in a few minutes. They can help stretch muscles, prevent injury, and improve joint health. **Please note:** only do these exercises if there are no passengers on the bus, and don't do any exercise you don't feel comfortable with.

1

= great for beginners!

2

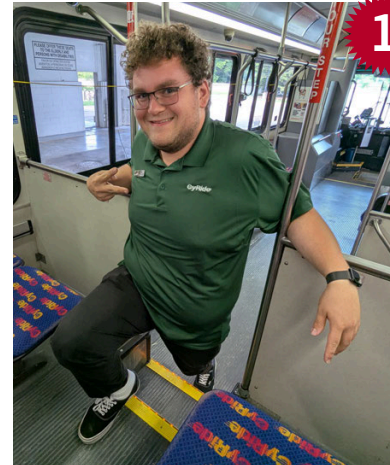
= a bit more of a challenge!

Recommendations:

Aim for 30–60 seconds each exercise on both sides.

1. LUNGE STRETCH

Stand at the base of the stairs and place one foot up on a higher step, keeping your back foot on the ground. Bend your front knee and gently lower your hips forward into a lunge position. Keep your chest tall and your back leg straight to feel the stretch in the front of your hip on the back leg. Use poles for balance. **Do not perform if shoes or floor is wet.**



SINGLE

2



OR

DOUBLE

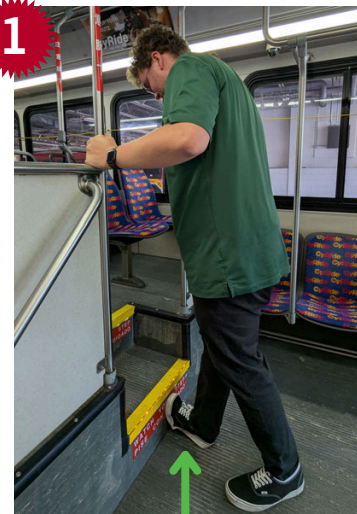
1



2. HAMSTRING STRETCH

Place one foot on a step, keeping your leg straight. Hinge at your hips and lean forward slightly over the raised leg, reaching for your toes, keeping your back flat. Then switch legs. **OR** Stand with feet hip-width apart and put your hands on the seat. Slowly bend forward at the hips while keeping your legs straight but not locked.

1



3. CALF STRETCH

Stand facing a step or curb and place the ball of one foot up against the step. Keep your other foot flat. Slowly lean forward until you feel a stretch in the back of your lower leg. Keep your knee straight and your back flat. Then switch sides.

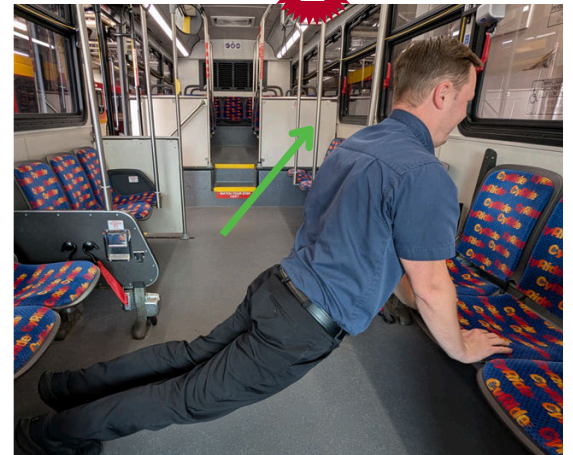


4. STANDING QUAD STRETCH

Stand tall and hold onto a pole for balance. Bend one knee and bring your heel up toward your glutes. Grab your ankle with the same-side hand and gently pull it closer while keeping your knees together and your back straight. You should feel the stretch along the front of your thigh. Hold and then switch legs.

5. DOWN DOG & UP DOG POSES

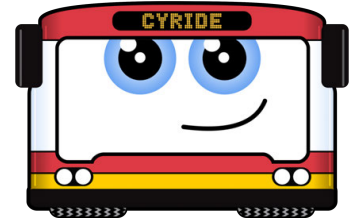
Stand facing a chair and place your hands on the seat. Step back until your body forms an "L" shape, with your hips pushed back and arms extended. Keep your back flat and press your chest toward the floor for a stretch through your shoulders and hamstrings. Then shift your body forward to form a slight diagonal line with your body. Keep your legs straight and be on your toes, pressing your chest forward and lift it slightly while straightening your arms. Look ahead or slightly up, keeping your shoulders relaxed. **Do not perform if shoes or floor is wet.**



6. SEATED GLUTE STRETCH

Sit tall with your back flat on the edge of a chair with both feet flat on the floor. Lift one leg and place the ankle on the opposite knee, forming a figure-four shape. Keep your back straight and gently lean forward from the hips without rounding your back until you feel a stretch in the glutes of the crossed leg. Hold the position then switch sides.

LOWER BODY EXERCISES FOR **CyRide** DRIVERS



These exercises can all be done on the bus in a few minutes. They can help strengthen muscles in the quadriceps, hamstrings, and glutes; and prevent injury in the hips, knees, and ankle regions.

Please note: only do these exercises if there are no passengers on the bus, and don't do any exercise you don't feel comfortable with.

Recommendations: Aim for at least 10 reps of each exercise.

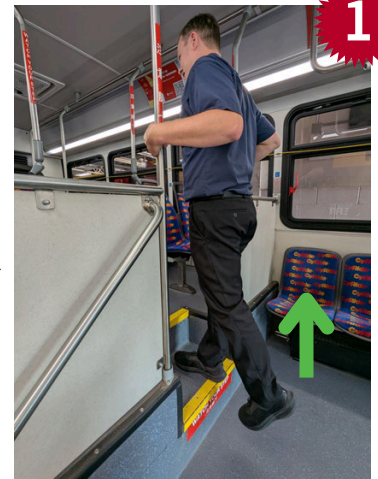
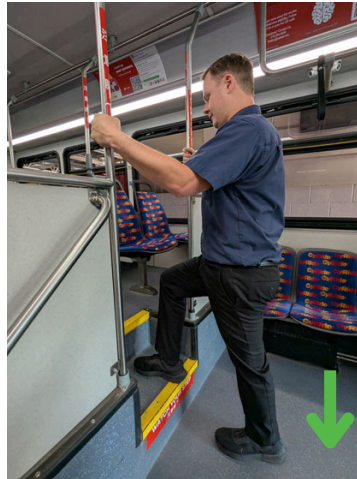
1 = great for beginners!

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1. STEP UPS

Stand facing the step and hold onto the poles for balance. Place one foot flat on the step surface, then push through that leg to full extension to lift your body up, bringing the other foot off the ground. Set the trailing foot down and repeat.

Keep your chest upright and core engaged. Do both legs.

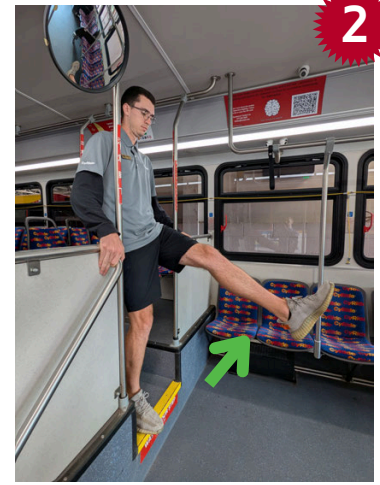


2. GLUTE KICK BACK

Stand tall with feet hip-width apart and holding a pole for balance. Shift your weight onto one leg, then extend the other leg straight back, squeezing your glutes at the top. Keep your torso upright and avoid leaning forward too much. Bring your leg back to the starting position with control and repeat before switching legs.

3. FORWARD LEG LIFT

Stand with feet hip-width apart and hold onto a pole for balance. Keep your leg straight and slowly lift one leg forward to about hip height, keeping your upper body upright. Lower the leg back down with control and repeat, then switch sides.

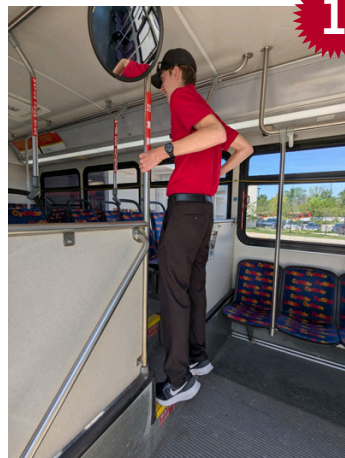


4. SIDE STEP UPS

Stand beside a step with the foot closest to it on top of the step. Hold on to a pole for balance. Push through your leg to lift your body up. Bring your other foot up to meet it, then step down. Repeat, then switch sides.



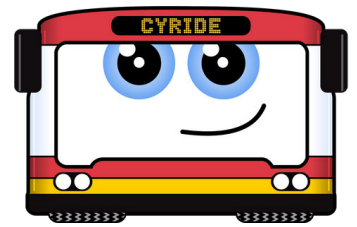
To do an optional side leg kick, do the step up, then lift the other leg out to the side, keeping it straight and toes pointing forward. Pause briefly at the top, squeezing your outer thigh and glutes, then lower the leg back down with control.



5. CALF RAISES

Stand with your feet hip-width apart on a step and hold a pole for balance. Slowly lift your heels up, rising onto the balls of your feet while squeezing your calves. Pause briefly at the top, then lower your heels back down with control. Repeat. **Take caution to avoid slipping off the step, and do not perform if shoes or floor is wet.**

CORE EXERCISES FOR **CyRide** DRIVERS



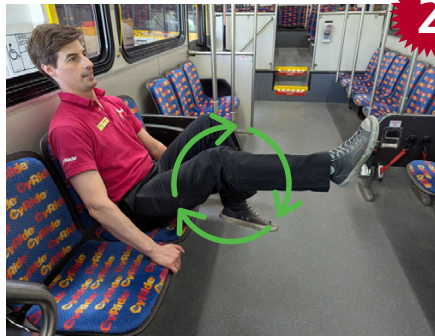
These exercises can all be done on the bus in a few minutes. They can help strengthen muscles in the core and back; and prevent injury in the hips, back, and abdomen regions. **Please note:** only do these exercises if there are no passengers on the bus, and don't do any exercise you don't feel comfortable with. **Recommendations:** Aim for at least 10 reps of each exercise or 30-60 seconds.

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1. BICYCLES

Sit on the edge of a chair with your hands holding the edge for support. Lean back slightly, lift your feet off the ground, and bend your knees. Begin pedaling your legs in the air as if riding a bicycle, alternating legs in a smooth motion. Keep your core tight and back straight as you move, and continue for a set time or number of reps.



2. FLUTTER KICKS

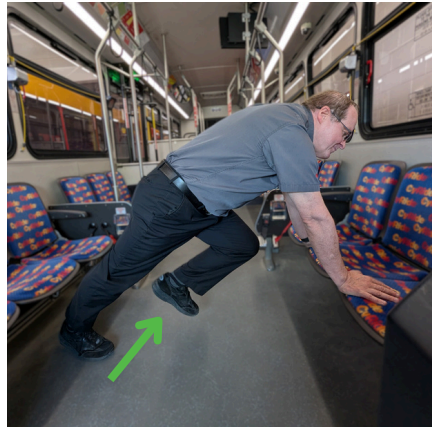
Sit on the edge of a chair with your hands holding the edge for support. Lean back slightly and lift both legs off the ground, keeping them straight. Begin kicking your legs up and down in a quick, alternating motion, like small scissor kicks. Keep your core engaged and back straight throughout the movement. Continue for a set time or number of reps.



3. IN AND OUTS

Sit on a chair with your hands holding the edge for support. Extend your legs out in front of you, then bring your knees toward your chest. Straighten your legs again without letting them touch the floor. Repeat this motion in and out for a set time or number of reps.





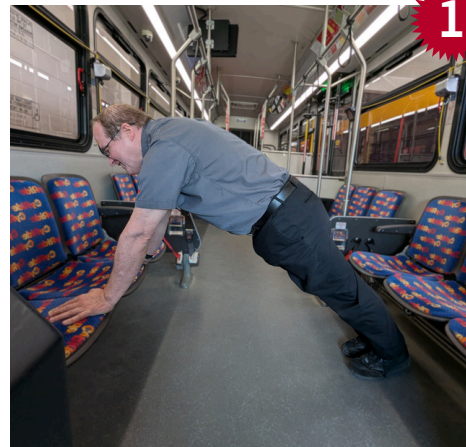
4. MOUNTAIN CLIMBERS

Place your hands on a chair and walk your feet back into a plank position. Keep your body straight and your core tight. Bring one knee toward your chest, then switch legs.

Keep switching legs at a steady pace while staying in control for a set time or number of reps. **Do not perform if shoes or floor is wet.**

5. PLANK HOLD

Place your hands on a seat and walk your feet back until your body forms a straight line from head to heels. Keep your arms straight. Tighten your stomach muscles and hold the position, keeping your back flat and hips in line. Hold for 30–60 seconds. **Do not perform if shoes or floor is wet.**



6. TORSO TWIST

Stand with your feet shoulder-width apart and hold a pole, keeping your elbows straight. Twist your upper body to the right, and reach for the pole behind you, then back to the front. Next, twist to the left, trying to keep your hips facing forward. Keep your movements controlled and use your core muscles to twist, not your arms. Repeat the motion side to side for a set time or number of reps.

